Quarantine:
for People Exposed to COVID-19
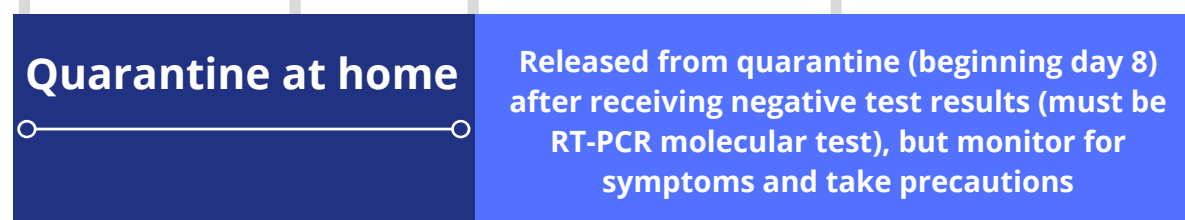
NH DIVISION OF Public Health Services
Department of Health and Human Services

Safest (Most Protective): Full 14 Days

Quarantine at home

Full 10-Days With No Testing - acceptable alternative

Quarantine at home

Released from quarantine (beginning day 11), but monitor for symptoms and take precautions

Full 7-Days With Testing (Test-Out for Essential Workers ONLY)

Quarantine at home

Released from quarantine (beginning day 8) after receiving negative test results (must be RT-PCR molecular test), but monitor for symptoms and take precautions

Day 0
Date of most recent exposure

Day 5
Earliest day to get a test

Day 7

Day 10

Day 14

*Adapted from Missouri DHHS